

Beef Bouillon Soup from Oxtails

 Gluten Free  Dairy Free

READY IN



220 min.

SERVINGS



6

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 carrots cut into 1-inch sections
- ☐ 3 ribs celery cut into 1-inch sections
- ☐ 0.3 cup cranberries fresh (if in season, otherwise use a quarter of a lemon)
- ☐ 4 sprigs thyme or dried
- ☐ 1 cup cooking wine dry white
- ☐ 10 oz mushrooms chopped
- ☐ 2 onions peeled quartered

- ☐ 1 strips orange zest with a vegetable peeler
- ☐ 3 lbs oxtails dry
- ☐ 1 teaspoon peppercorns
- ☐ 6 servings salt and pepper
- ☐ 4 quarts water

Equipment

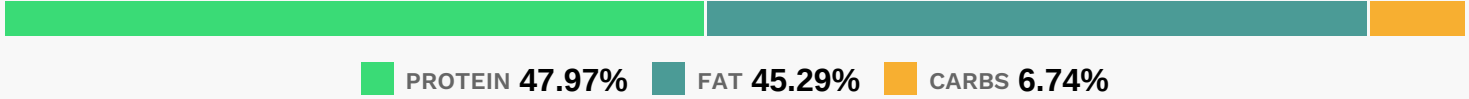
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ roasting pan
- ☐ stove
- ☐ cheesecloth

Directions

- ☐ Preheat the oven to 450°F. Pat dry the oxtails with paper towels and put them in a roasting pan.
- ☐ Sprinkle on all sides with salt and pepper.
- ☐ Add the carrots, onions, and zest. Roast in the middle rack, turning the oxtails as the are browned. Once browned, remove from oven and place the oxtails and vegetables into a large stockpot. 2
- ☐ Place the roasting pan on the stovetop on medium high heat.
- ☐ Add the wine to the pan to deglaze the pan, scraping up any browned bits.
- ☐ Add the liquid to the stockpot with the oxtails.
- ☐ Add the cranberries, mushrooms, celery, thyme, bay leaf, cloves, and peppercorns. Bring the liquid to a boil, skimming whatever foam rises to the surface. Reduce the heat and simmer

gently, uncovered, for 3 hours.3 Ladle the mixture through a sieve lined with cheesecloth or paper towels into a large bowl. Reserve the oxtails for another use, such as oxtail pate. Discard the remaining solids. The bouillon can be made 3 days in advance and kept chilled. Discard excess fat (leave enough to cover soup when chilled).

Nutrition Facts



Properties

Glycemic Index:38.31, Glycemic Load:2.29, Inflammation Score:-10, Nutrition Score:13.16652191981%

Flavonoids

Cyanidin: 2.58mg, Cyanidin: 2.58mg, Cyanidin: 2.58mg, Cyanidin: 2.58mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg, Peonidin: 2.73mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 635.63kcal (31.78%), Fat: 30.37g (46.72%), Saturated Fat: 12.08g (75.5%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 7.52g (2.74%), Sugar: 4.36g (4.84%), Cholesterol: 249.48mg (83.16%), Sodium: 701.81mg (30.51%), Alcohol: 4.12g (100%), Alcohol %: 0.51% (100%), Protein: 72.37g (144.75%), Vitamin A: 3521.83IU (70.44%), Iron: 10.42mg (57.9%), Vitamin K: 21.76µg (20.72%), Manganese: 0.33mg (16.69%), Copper: 0.3mg (15.11%), Vitamin B2: 0.23mg (13.79%), Calcium: 109.27mg (10.93%), Fiber: 2.64g (10.56%), Potassium: 369.35mg (10.55%), Vitamin B3: 2.1mg (10.52%), Vitamin B5: 0.9mg (9.03%), Vitamin C: 6.87mg (8.33%), Vitamin B6: 0.17mg (8.28%), Phosphorus: 73.55mg (7.35%), Folate: 28.55µg (7.14%), Selenium: 4.79µg (6.85%), Magnesium: 25.98mg (6.5%), Vitamin B1: 0.08mg (5.32%), Zinc: 0.55mg (3.67%), Vitamin E: 0.33mg (2.21%)